

THE *herban* ALCHEMIST

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SPORTS & FITNESS (RECOVERY) SMOOTHIE

(Vanilla Chai and Strawberry)

The **Sports and Fitness Recovery Smoothie** is a “SuperFood” Smoothie that enhances performance and recovery for an active lifestyle. **The Sports and Fitness Recovery Smoothie** is a meal replacement for breakfast and should accompany the **Rx Remedy Detox Food Guide** or **The Health Food Rocks!** Guide for the other meals of the day.

We recommend that you consult your physician before taking the supplements to be sure they are appropriate recommendations for you.

Ingredients: (included in bundle)

- **INFLAMMA-Pro** 1 scoop
- **Gut REVIVE** 1scoop
- **Rainbow GREENS** 1 scoop
- **MAGNESIUM Chelate Powder**-1 TB
- **COLLAGEN Complete** 1 TB
- **FLAX Oil** 1 TB

Optional Super Food Boosters: (add 1-2 for additional goodness)

- Matcha Powder 1 tsp
- Turmeric Powder 1 TB
- Superfood + Antioxidants 1 tsp
- Cacao+ Keto Powder 1 tsp
- MCT Oil 1 TB
- Spices: Turmeric or Ginger ½ tsp

Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic berries, pineapple, or papaya
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Spice it up with some turmeric or ginger for extra inflammation support

Guidelines:

- All smoothie ingredients should be refrigerated.
- The smoothie is a meal replacement for breakfast and has about 20 grams of protein.
- Take 30-60 minutes or more to drink it. It is a meal.
- This **Sports and Fitness Elixir** is intended for use with the **Health Food Rocks!** guidelines for other meals of the day